

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Super Nipper

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sabrina Krige	Puneet Nagendra kumar	Callan Compton	Isabella Brooker	Ayla Ahmed	Christian van Heerden	Rourke Louw	Megan Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Idreess Gamiel die n	Lune Fouche	Bella Stallard	Madison Polti	Callum Faulkner	Diego Jansen	Jasmin Goldman	Alexa Heldsing er
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Aiden Awad	Isabella Scarpa	Tyler-Rose Nel	Emily Roff	Sydney-Grace Williams	Gemma Blackburn	Philippa Groves	Greyson Septembe r
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Olivia Latimer	Hannah van Heerden	Caitlin Barnes	Marcel Novembe r	Zac Sampson	Emma Brownlee	Matilda Roberts	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jaydon Allott	Declan Tucker	Ameer Moose	Sarah Mocke	Sarah Roff	CJ Hutchinso n	Dylan Froneman	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer			Tyde Sim	Waylon Harvey	Will Tremeer	Rebecca Alderman		
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

200m Super Lifesaver

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Taro Tomitsuka	Steven Waters	Nico Zumpt	Zack Waters	Jack Allott	Anya Hocking	Conrad Scheepers	Tanner Gorille
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Mia van Aswegen	Mathew Pincente	Isabella Haveman n	Caleb Jansen	Amber-Rose Berry	Jesse Boucher	Ellen Hodgkinson	Imani Magotsi
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Matt McCraw	Zia Petersen	Matthew Brading	Kianna-Gro Liversage	Jamie Pietersen	Hannah McClelland	Luc Brand	Phetelo Mopai
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kyto Tuohy	Riziki Magotsi	Katya Bova-Olsen	Alayah Krogscsheepers	Casey Bruwer	Miya Krog	Jan-Lukas Van der Westhuizen	Leon Walther-Kotzé
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Haveman n (Snr)	Ellen Hodgkinson (Snr)	Amber-Rose Berry (Snr)	Sylvie Gorille	Alexandra Cotterell	Christina Mallion	Imani Magotsi (Snr)	Kianna-Gro Liversage (Snr)
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Matt McCraw (Snr)	Luc Brand (Snr)	Jack Allott (Snr)	Meeca McClelland	Mia van Aswegen (Snr)	Jamie Smuts	Mathew Pincente (Snr)	Phetelo Mopai
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Manikin Tow With Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Tanner Gorille	Steven Waters	Conrad Scheepers	Nico Zumpt	Zack Waters	Anya Hocking	Michelle Lamprecht	Taro Tomitsuka
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jesse Boucher	Caleb Jansen	Amber-Rose Berry	Mathew Pincente	Jack Allott	Isabella Haveman	Christina Mallion	Ellen Hodgkinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		Alexandra Cotterell	Victoria Donaldson	Sylvie Gorille	Imani Magotsi	Mia van Aswegen		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Luc Brand (Snr)	Jack Allott (Snr)	Meecca McClelland	Isabella Haveman (Snr)	Kianna-Gro Liversage (Snr)		Jamie Smuts	Mathew Pincente (Snr)
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zia Petersen	Matthew Brading	Kianna-Gro Liversage	Matt McCraw (Snr)	Phetelo Mopai	Jamie Pietersen	Hannah McClelland	Luc Brand
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Miya Krog	Casey Bruwer	Samuel Montagu-Fryer	Matt McCraw	Phetelo Mopai	Alayah Krogscheepers	Katya Bova-Olsen	Riziki Magotsi
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Ellen Hodgkinson (Snr)	Mia van Aswegen (Snr)	Leon Walther-Kotzé	Jan-Lukas Van der Westhuizen	Kyto Tuohy		Amber-Rose Berry (Snr)	Imani Magotsi (Snr)
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

50m Obstacles

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Grayson Haller	Fia Moore Ackerman	Adalayde Hoffman	Christiaan Basson	Madison Tucker	Dani Wicht		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer			Ted Roberts	Lucas Haysom	Sam Bishop	Willem Spangenberg	Tara Desai	Caleb Bugler
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Byron Hutchinson	Elizabeth Spangenberg		Sebastian Fourie			Grace Budde	Kai Werndle
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Obstacles

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Sarah Mocke	Rourke Louw	Jaydon Allott	Christian van Heerden	Isabella Brooker	Callum Faulkner	Ayla Ahmed	Sabrina Krige
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Caitlin Barnes	Diego Jansen	Madison Polti	Puneet Nagendra kumar	Megan Waters	Ameer Moose	Hannah van Heerden	CJ Hutchinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Emma Cullis	Idress Gamiel die n	Dylan Froneman	Bella Stallard	Emilie Conradie	Emily Roff	Callan Compton	Jasmin Goldman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Alexa Heldsinger	Gia Heldsinger	Lune Fouche	Bria Ahmed	Tyler-Rose Nel	Ryn Abrie	Waylon Harvey	Angelina Nock
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Vidar Bendixen	Rohin Desai	Alexis Done	Caro Bishop	Saffiya Emjedi	Isabella Scarpa	Noah Kervarrec	Rebecca Allderman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Kenzie Breuning er	Chase Sim	Zayb Moose	Olivia Latimer	Tyde Sim	Johannes Spangenb erg	Sydney-Grace Williams	Declan Tucker
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Philippa Groves	Finnian Williams	Emma Brownlee	Alyssa Fragoso de Almeida	Kallon Allott	Sofia Moriz	Gemma Blackburn	Aiden Awad
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Hannah Watts	Sarah Roff	Zac Sampson	Greyson September	Marcel November	Matilda Roberts	Will Tremeer	Thalia Imrie
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Yuanxi Lee	Oliver Lange	Alex Wicht	Tshegofatso Le Roux	Ahadi Magotsi	Blake Lloyd	Sebastian Buschek	Bianca van der Westhuizen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Sophia Read	Isla Conradie	Emma Richards	Dani Bruwer	Emily Clark	Hannah Carelse		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Nolan Froneman	Jon-Jon Herskowitz	Daniel van der Westhuizen	Boyd Skordis	Dan Goodhall	Jagger Fisher		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer				Zuhair Gamieldeen	Katie Dyason	Benjamin Fourie	Keenan Cuyler	Zach Lamprecht
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

200m Obstacles

Heat 1	1	2	3	4	5	6	7	8
Lane								
Swimmer	Conrad Scheepers	Steven Waters	Jack Allott	Jamie Smuts	Taro Tomitsuka	Zack Waters	Tanner Gorille	Grant Nefdt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2	1	2	3	4	5	6	7	8
Lane								
Swimmer	Mia van Aswegen	Imani Magotsi	Kianna-Gro Liversage	Caleb Jansen	Amber-Rose Berry	Isabella Haveman n	Mathew Pincente	Jesse Boucher
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3	1	2	3	4	5	6	7	8
Lane								
Swimmer		Amber-Rose Berry (Snr)	Sylvie Gorille	Christina Mallion	Ellen Hodgkinson	Alexandra Cotterell	Anya Hocking	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4	1	2	3	4	5	6	7	8
Lane								
Swimmer	Mathew Pincente (Snr)	Mia van Aswegen (Snr)	Meecca McClelland	Isabella Haveman n (Snr)	Kianna-Gro Liversage (Snr)	Meike Zumpt	Luc Brand (Snr)	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5	1	2	3	4	5	6	7	8
Lane								
Swimmer	Matt McCraw	Zia Petersen	Matthew Brading	Phetelo Mopai	Jamie Pietersen	Hannah McClelland	Luc Brand	Phetelo Mopai
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6	1	2	3	4	5	6	7	8
Lane								
Swimmer	Kyla Allott	Dylan Van Vuuren	Alayah Krogscsheepers	Samuel Montagu-Fryer	Tristan Compton	Casey Bruwer	Katya Bova-Olsen	Miya Krog
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Ellen Hodgkinson (Snr)	Leon Walther-Kotzé	Jan-Lukas Van der Westhuizen	Riziki Magotsi	Evan Nefdt	Kyto Tuohy	Matt McCraw (Snr)	Imani Magotsi (Snr)
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

50m Manikin Carry (Mini)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Grayson Haller	Madison Tucker	Fia Moore Ackerman	Adalayde Hoffman	Dani Wicht	Grace Budde	Christiaan Basson	Kai Werndle
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Byron Hutchinson	Elizabeth Spangenberg	Ted Roberts	Lucas Haysom	Sam Bishop	Willem Spangenberg	Tara Desai	Caleb Bugler
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

50m Manikin Carry (Medium)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Scarpa	Gemma Blackburn	Bella Stallard	Alexa Heldsinger	Ayla Ahmed	Emily Roff	Isabella Brooker	Jasmin Goldman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Tyler-Rose Nel	Sabrina Krige	Megan Waters	Lune Fouche	Madison Polti	Philippa Groves	Sydney-Grace Williams	Aiden Awad
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Marcel November	Greyson September	Christian van Heerden	Callan Compton	Callum Faulkner	Diego Jansen	Idress Gamieldeen	Puneet Nagendrakumar
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Matilda Roberts	Jaydon Allott	Alexis Done	Rourke Louw	Zac Sampson	Caitlin Barnes	Hannah van Heerden	Olivia Latimer
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Declan Tucker	Chase Sim	Sarah Roff	Rebecca Alderman	Sarah Mocke	Ameer Moose	CJ Hutchinson	Dylan Froneman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Bria Ahmed	Will Tremeer	Tyde Sim	Emma Brownlee	Ryn Abrie	Waylon Harvey	Alyssa Fragoso de Almeida	Caro Bishop
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Sofia Moriz	Kenzie Breuning r	Gia Heldsing r	Emilie Conradie	Emma Cullis	Hannah Watts	Saffiya Emjedi	Thalia Imrie
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Johannes Spangenb erg	Blake Lloyd	Ahadi Magotsi	Tshegofat so Le Roux	Zayb Moose	Alex Wicht	Finnian Williams	Kallon Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Bianca van der Westhuizen	Vidar Bendixen	Rohin Desai	Noah Kervarrec	Oliver Lange	Sebastian Buschek	Yuanxi Lee	Emily Clark
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Boyd Skordis	Sophia Read	Isla Conradie	Emma Richards	Hannah Carelse	Katie Dyason	Benjamin Fourie	Dan Goodhall
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Zuhair Gamiel die n	Nolan Froneman	Jon-Jon Herskovit z	Daniel van der Westhuizen	Jagger Fisher	Keenan Cuyler	Zach Lamprech t	
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

50m Manikin Carry

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Steven Waters	Mathew Pincente	Nico Zumpt	Jake Hutton	Conrad Scheepers	Zack Waters	Anya Hocking	Jamie Smuts
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Michelle Lamprecht	Imani Magotsi	Jack Allott	Matt McCraw	Tanner Gorille	Grant Nefdt	Zia Petersen	Caleb Jansen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Ellen Hodgkinson	Victoria Donaldson	Amber-Rose Berry	Isabella Haveman	Kianna-Gro Liversage	Jesse Boucher	Mia van Aswegen	Abigail Kirkland
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Samuel Montagu-Fryer	Luc Brand	Matthew Brading	Taro Tomitsuka	Jamie Pietersen	Hannah McClelland	Phetelo Mopai	Tristan Compton
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Matt McCraw (Snr)	Luc Brand (Snr)	Mia van Aswegen (Snr)	Meeca McClelland	Meike Zumpt	Jake Hutton (Snr)	Mathew Pincente (Snr)	Phetelo Mopai
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Haveman (Snr)	Ellen Hodgkinson (Snr)	Alexandra Cotterell	Christina Mallion	Sylvie Gorille	Amber-Rose Berry (Snr)	Imani Magotsi (Snr)	Kianna-Gro Liversage (Snr)
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Riziki Magotsi	Kyla Allott	Dylan Van Vuuren	Alayah Kr ogscheep ers	Casey Bruwer	Katya Bova-Olsen	Miya Krog	Evan Nefdt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer			Leon Walther-Kotzé	Jan-Lukas Van der Westhuizen	Kyto Tuohy			
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Manikin Carry with Fins (Mini)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Grayson Haller	Madison Tucker	Fia Moore Ackerman	Adalayde Hoffman	Dani Wicht	Grace Budde	Christiaan Basson	Kai Werndle
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Byron Hutchinson	Elizabeth Spangenberg	Ted Roberts	Lucas Haysom	Sam Bishop	Willem Spangenberg	Tara Desai	Caleb Bugler
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Manikin Carry with Fins (Medium)

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer			Dan Goodhall	Zach Lamprecht	Zuhair Gamieldeen	Daniel van der Westhuizen		
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Gemma Blackburn	Bella Stallard	Alexa Heldsinger			Ayla Ahmed	Emily Roff	Isabella Brooker
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sabrina Krige	Megan Waters	Lune Fouche	Isabella Scarpa	Jasmin Goldman	Madison Polti	Philippa Groves	Sydney-Grace Williams
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Greyson September	Christian van Heerden	Callan Compton	Tyler-Rose Nel	Aiden Awad	Callum Faulkner	Diego Jansen	Idreess Gamieldeen
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Emma Brownlee	Angelina Nock	Rourke Louw	Marcel November	Puneet Nagendrakumar	Alexis Done	Caitlin Barnes	Hannah van Heerden
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Chase Sim	Sarah Roff	Rebecca Allderman	Matilda Roberts	Olivia Latimer	Sarah Mocke	Ameer Moose	CJ Hutchinson
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Will Tremeer	Tyde Sim	Jaydon Allott	Declan Tucker	Dylan Froneman	Ryn Abrie	Waylon Harvey	Alyssa Fragoso de Almeida
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Kenzie Breuning r	Gia Heldsing r	Emilie Conradie	Bria Ahmed	Caro Bishop	Emma Cullis	Hannah Watts	Saffiya Emjedi
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Blake Lloyd	Ahadi Magotsi	Tshegofatso Le Roux	Sofia Moriz	Thalia Imrie	Zayb Moose	Alex Wicht	Finnian Williams
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Vidar Bendixen	Rohin Desai	Noah Kervarrec	Johannes Spangenberg	Kallon Allott	Oliver Lange	Sebastian Buschek	Yuanxi Lee
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Katie Dyason	Hannah Carelse	Emily Clark	Bianca van der Westhuizen	Dani Bruwer	Emma Richards	Isla Conradie	Sophia Read
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer	Keenan Cuyler	Jagger Fisher		Benjamin Fourie	Boyd Skordis		Jon-Jon Herskovitz	Nolan Froneman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Manikin Carry With Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jack Allott	Steven Waters	Nico Zumpt	Conrad Scheepers	Anya Hocking	Zack Waters	Mathew Pincente	Grant Nefdt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kianna-Gro Liversage	Zia Petersen	Tanner Gorille	Amber-Rose Berry	Michelle Lamprecht	Caleb Jansen	Ellen Hodgkinson	Victoria Donaldson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sylvie Gorille	Christina Mallion	Matt McCraw	Jesse Boucher	Isabella Haveman	Imani Magotsi	Mia van Aswegen	Alexandra Cotterell
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Mia van Aswegen (Snr)	Kianna-Gro Liversage (Snr)	Imani Magotsi (Snr)	Amber-Rose Berry (Snr)	Ellen Hodgkinson (Snr)	Isabella Haveman (Snr)	Meecca McClelland	Jamie Smuts
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jamie Pietersen	Taro Tomitsuka	Matt McCraw (Snr)	Luc Brand (Snr)	Mathew Pincente (Snr)	Phetelo Mopai	Jake Hutton	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Casey Bruwer	Miya Krog	Samuel Montagu-Fryer	Kyla Allott	Phetelo Mopai	Abigail Kirkland	Alayah Krogscoppers	Jan-Lukas Van der Westhuizen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Evan Nefdt	Leon Walther-Kotzé	Hannah McClelland	Katya Bova-Olsen	Luc Brand	Dylan Van Vuuren	Riziki Magotsi	Kyto Tuohy
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Rescue Medley (Medium)

Heat 1	1	2	3	4	5	6	7	8
Swimmer	Isabella Scarpa	Gemma Blackburn	Bella Stallard	Alexa Heldsinger	Ayla Ahmed	Emily Roff	Isabella Brooker	Jasmin Goldman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2	1	2	3	4	5	6	7	8
Swimmer	Tyler-Rose Nel	Sabrina Krige	Megan Waters	Lune Fouche	Madison Polti	Philippa Groves	Sydney-Grace Williams	Aiden Awad
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3	1	2	3	4	5	6	7	8
Swimmer	Marcel November	Greyson September	Christian van Heerden	Callan Compton	Callum Faulkner	Diego Jansen	Idress Gamieldeen	Puneet Nagendra kumar
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4	1	2	3	4	5	6	7	8
Swimmer	Olivia Latimer	Hannah van Heerden	Caitlin Barnes	Rourke Louw	Angelina Nock	Emma Brownlee	Matilda Roberts	Rebecca Allderman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5	1	2	3	4	5	6	7	8
Swimmer	Dylan Froneman	CJ Hutchinson	Ameer Moose	Sarah Mocke	Sarah Roff	Chase Sim	Declan Tucker	Jaydon Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6	1	2	3	4	5	6	7	8
Swimmer			Will Tremeer	Tyde Sim	Waylon Harvey	Dan Goodhall		
In	-----	-----	-----	-----	-----	-----	-----	-----

#1 Rescue Sport Series - Stellenbosch - Heat Sheets

100m Rescue Medley

Heat 1	1	2	3	4	5	6	7	8
Lane								
Swimmer	Jack Allott	Taro Tomitsuka	Caleb Jansen	Conrad Scheepers	Anya Hocking	Jamie Smuts	Steven Waters	Tanner Gorille
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2	1	2	3	4	5	6	7	8
Lane								
Swimmer	Imani Magotsi	Isabella Haveman n	Nico Zumpt	Mathew Pincente	Amber-Rose Berry	Matt McCraw	Zia Petersen	Ellen Hodgkinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3	1	2	3	4	5	6	7	8
Lane								
Swimmer	Kianna-Gro Liversage (Snr)	Imani Magotsi (Snr)	Christina Mallion	Mia van Aswegen	Amber-Rose Berry (Snr)	Ellen Hodgkinson (Snr)	Isabella Haveman n (Snr)	Meeca McClelland
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4	1	2	3	4	5	6	7	8
Lane								
Swimmer	Phetelo Mopai	Mathew Pincente (Snr)	Victoria Donaldson	Mia van Aswegen (Snr)	Sylvie Gorille	Luc Brand (Snr)	Matt McCraw (Snr)	Zack Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5	1	2	3	4	5	6	7	8
Lane								
Swimmer	Luc Brand	Hannah McClelland	Jamie Pietersen	Kianna-Gro Liversage	Grant Nefdt	Matthew Brading	Jesse Boucher	Phetelo Mopai
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6	1	2	3	4	5	6	7	8
Lane								
Swimmer		Miya Krog	Casey Bruwer	Samuel Montagu-Fryer	Alayah Krogscsheepers	Katya Bova-Olsen	Riziki Magotsi	
In	-----	-----	-----	-----	-----	-----	-----	-----